Ryllikhøst

ANDERS MCGARRIGHAN

Baba Yaga's Grimoire

for shelving purposes only

First published by Autistic Anarchistic Authors 2026

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First edition

ISBN: 978-82-694334-6-3

This book was professionally typeset on Reedsy.
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Contents

Foreword v

I Part One – Beneficial Plants

1 Dandelion 3
2 Red Clover 6
3 Stinging Nettle 8
4 Sea Kale 10
5 Bishop's weed 12
6 Raspberry Rondeau Jam 14
7 Catnip AdvoCAT and Baba Yaga 16
8 Yarrow and the arrow 19
9 Kvanna borealis (Angelica archangelica) 22
10 White Man's Footprint 24

II Part Two – Dual-Natured Plants

11 Polyphyllus raid 29
12 Golden rain 31
13 Wolfsbane Teeth 33
14 Foxy Foxglove 37
15 Henbane Sestina 41
16 Belladonna made hell 43
17 Marsh Horsetail 47
18 Cicuta virosa 49
19 Bog Arum 52

20 Devil's herb? 55

III Part Three – Fungi

21 Amanita muscaria 61
22 Psilocibin medicine 63
23 Modern Ergotism 65
24 Tinder Fungus 67
25 Death Cap 69
26 Deadly Webcap 72
27 Destroying Angel 74
28 False Morel 77
29 Cordyceps 79
30 Honey mushroom 82

IV Part Four – Animals and Critique

31 Spanish Fly 87
32 Puffer Fish 90
33 Trophy Killings 93
34 AdvoCAT raps History 95
35 The Toad Code 98
36 The Leeches 101
37 Adder 104
38 Wolf 107
39 Bear and the Girl 110
40 The Ravens 114

Foreword

"They took our lands. They took our languages. They took our gods. But they didn't take the herbs – because the herbs hid in the ground, and the ground belongs to no one."

-Baba Yaga-

"The author has taken Sestina's beautiful dress, torn off the sleeves, wandered in the rain in Nordmøre. Now full of salt and soil."

-AdvoCAT-

"I've heard the saying 'cultural sediment displacement' — Well did they forget about "quick clay"? Only need an external force to make the masses move. Heee heee HAH!"

-Baba Yaga-

"So what if I make new words like "Kvanna borealis". At least the plant didn't get baptized to an unscientific description like "Angelica archangelica". The Sámi made flutes (fadno) not harps!"

-AdvoCAT-

"Some birds are resistant to poisonous plants, some humans are chickens. It's a logical fallacy to think humans can eat poison."

-Baba Yaga-

"Don't use Google Translate as it has blind colonization BIAS. AI is better for translation of foreign poems. Even though some cultural markers might still be hidden for the reader."

-AdvoCAT-

"AdvoCAT…..These human laws are seldom neutral. They didn't just take the land. They wrote a law that made you a legal problem – and the only way to solve the problem was for you to stop breathing. Then they put up a fence around the empty area and called it 'protection.' Protection from who? From the memory?"

-Baba Yaga-

""MEOW! They gave them the worst corner of the country – swamp, rocks, and wasteland. So when they turned it into a palace of gold and green meadows, they came running with law books and handcuffs. 'This is too important for you,' they say. Their saying 'a poor Native, is a good Native.' But a rich Native? That's living proof of the lies 'you couldn't manage without us.' So the wealth has to be seized. Not because it's illegal – but because it's unsettling."

-AdvoCAT-

I

Part One – Beneficial Plants

introduces the utilitarian and medicinal plants that have sustained human communities for millennia. From the resilient Dandelion breaking through asphalt to the nitrogen-fixing Red Clover and the sting-healing Nettle, each chapter celebrates the forgotten science of botanical wisdom. The section culminates with Kvanna borealis (Angelica archangelica), written in Nynorsk to reclaim the plant from colonial renaming, and White Man's Footprint, tracing how Plantago major followed European settlers

One

Dandelion

Lion yellow teeth
With hollow stem under wreath
Root burrow down deep

Blow the parachute
Children send the seeds in route
wind spreads the seed fruit

No cryin', No defyin' it's Dandelion
Breaking through asphalt like pliant titan!
sun-lion, wild scion — the forgotten science?
Food, medicine, root logic guidance.

Salad of young leaves
Sautéed like spinach relieves
roasted roots coffee

Flowers for tea time
Honey flavour wild as thyme

Baba Yaga rhyme

No cryin', No defyin' it's Dandelion
Breaking through asphalt like pliant titan!
sun-lion, wild scion — the forgotten science?
Food, medicine, root logic guidance.

Get your flavonoids
Antioxidants deployed
Get your terpenoids

Liver and kidney
Antioxidant in me
Calms body's fire

No cryin', No defyin' it's Dandelion
Blocks pro-inflammatory cues tryin'
sun-lion, wild scion — the forgotten science?
Food, medicine, root logic guidance.

Insect paradise
Bees in early spring on rise
Deep taproot soil price

Break the compact soil
Cycle minerals uncoil
Deep soil to topsoil

No cryin', No defyin' it's Dandelion
Nature's gardener not lyin'
sun-lion, wild scion — the forgotten science?
Food, medicine, root logic guidance.

Suno Style Tags: [psychedelic rock, violin, folk pop]

Two

Red Clover

Red clover from Dover, the pollinator solver
  See these little pompom flower, natural soil solver

Use fresh blossoms in salads — dried flowers as herbal tea.
  Dried blossom ground all over, flour extender solver

Menopause hot flashes — phytoestrogens might just ease.
  Heart effects is sober, like a mild improvement solver

Eczema and irritation, we don't talk about fleas.
  Skin application as glower, salve could be a solver

Wise women of old knew — now we research isoflavones
  Not a miracle herb cover, no medical solver.

Grower, flower — it's red clover.
  So no myth, no luck — as the bestower.
  Behold, unfold — Truth to be told
  Biological network node

Nitrogen fixation from air to soil — powered by leaves.
Rhizobium bacteria bestower, the soil solver.

Part of soil regeneration, the balance will increase.
Improves fertility lover, microbial solver.

Bumblebees favourite food source — the red clover appease.
When red clover is lower, honeybees will be solver.

Meadows and pastures as flower fields — for the cows and sheep.
High protein feed recover, the healthy livestock solver

The pioneer flower to colonize the broken soil.
Ecosystem engineer hover — natural solver

Grower, flower — it's red clover.
So no myth, no luck — as the bestower.
Behold, unfold — Truth to be told
Biological network node

Baba Yaga walks the meadow lines — harvest what life weaves.
No myth, no cover — just a witness to each solver.

Suno Style Tags: [psychedelic rock, Synthwave, space rock]

Three

Stinging Nettle

Children sing of thy sting.
Exposed skin from thee clothes.
Leaf stinging trichomes feeds.
Stinging Nettle that heals.
While thy tears will clothes soil.
Children's lesson spreads net.

Trichomes chemical net.
Formic acid that sting.
Histamine red skin soil.
Silica glass spiked clothes
When replaced then plant heals
Acetylcholine feeds

High protein whilst thy feeds
A dietary net
Vitamin amounts heals
Spring tonic, body sting
Silica build skin clothes

Minerals from the soil

Mild prostate relief soil
Fresh leaves stew for thy feeds
Herbal tea that stain clothes.
Share it on social net.
Yea the seed that don't sting.
Make leaf powder that heals

Functional bio heals
Increase urine to soil
Root extracts modest sting.
Benign prostate still feeds
Reduced histamine net?
Not miracle-herb clothes

Humidity that clothes.
Soil micro-life then heals.
Butterfly species net.
Nutrient pump from soil.
Nitrogen circuit feeds.
Children sing of thy sting.

A weed that feeds, but also heals.
The stinging net, from manured soil.
Textile fibre clothes, the lost sting

Suno Style Tags: [psychedelic rock, darkwave, violin]

Four

Sea Kale

Sea Kale from cabbage family
Called a weed on shingle beaches
Ancient seafarer amity
Halophyte mound-forming features

Called a weed on shingle beaches
Abundant fragrant white flowers
Halophyte mound-forming features
Glucosinolates with powers

Abundant fragrant white flowers
Delicacy young shoots in spring
Glucosinolates with powers
Anti-cancer might be a thing

Delicacy young shoots in spring
Every part is edible treat
Anti-cancer might be a thing
Raw juice of seeds, calm stomach heat

Every part is edible treat
Anti-inflammatory forms
Raw juice of seeds, calm stomach heat
The fruit was used to expel worms

Anti-inflammatory forms
Ancient used leaves to heal the wounds
The fruit was used to expel worms
Crambe maritima on dunes

Ancient used leaves to heal the wounds
Loss of habitats, sea rises
Crambe maritima on dunes
Coastal development crisis

Loss of habitats, sea rises
Foraged for millennia past
Coastal development crisis
Sea Kale disappearing too fast

Foraged for millennia past
Ancient seafarer amity
Sea Kale disappearing too fast
Sea Kale from cabbage family

Suno style tags: [dark folk, ritual, nordic ambient, frame drum, chant]

Five

Bishop's weed

See the Bishop's weed
  Tenacious invader creed
  Or the Ground Elder

Young leaves as pesto
  Mature leaves Sautéed spinach
  Leaf Stalks celery

Chess, chess Bishop's weed beat the rest.
  Checkmate for Gout's rampant infest.
  Soil, soil, then Ground Elder will hold.
  Root system, soil texture is gold.

Falcarindiol
  anti-inflammatory
  Inhibit enzyme

anti-cancer claim?
  antibacterial frame?

antifungal gain?

Chess, chess Bishop's weed beat the rest.
Checkmate for Gout's rampant infest.
Soil, soil, then Ground Elder will hold.
Root system, soil texture is gold.

COX-one inhibit
Oxidative prohibit
Insomnia limit

The bacteria
Staphylococcus aureus,
and the E coli

Chess, chess Bishop's weed beat the rest.
Checkmate for Gout's rampant infest.
Soil, soil, then Ground Elder will hold.
Root system, soil texture is gold.

Bumblebee will feast
The white umbrella flowers
Late spring it increased

Pest or remedy
Bishop named tragedy
Song of melody

Suno style tags: [psychedelic rock, darkwave, dark folk, hauning male chant]

Six

Raspberry Rondeau Jam

Short sharp stinging thornes on stem,
Leaves like green hands with white palms,
Short sharp stinging
Short sharp stinging thornes on stem,
Short sharp stinging
Leaves like green hands
Short sharp stinging thornes on stem,
Leaves like green hands with white palms,

Flavanoids that alms, tea that calms,
Tannins good for heart, lower them
Flavanoids that alms
Flavanoids that alms, tea that calms
Flavanoids that alms
Tannins good for heart
Flavanoids that alms, tea that calms,
Tannins good for heart, lower them

Old Norse brum and bees that sum

Jam, juice, sweet, song for crazy girls
Old Norse brum
Old Norse brum and bees that sum
Old Norse brum
Jam, juice, sweet
Old Norse brum and bees that sum
Jam, juice, sweet, song for crazy girls

Wild raspberries ripe as become
Creeping underground, rhizomes churl
Wild raspberries
Wild raspberries ripe as become
Wild raspberries
Creeping underground
Wild raspberries ripe as become
Creeping underground, rhizomes churl

Baba Yaga walks forest floor,
Thorns she ignore, she wants more
Baba Yaga walks
Baba Yaga walks forest floor,
Baba Yaga walks
Thorns she ignore
Baba Yaga walks forest floor,
Thorns she ignore, she wants more

Suno style tags: [Scandinavian folk pop, female vocal, acoustic guitar, nyckelharpa, soft drums, mystical forest atmosphere, slightly dark and haunting, tempo 110 BPM, verse-chorus structure, clear vocals, folk melody, nature-inspired, moderate energy, emotional, storytelling, with a touch of Nordic mystery]

Seven

Catnip AdvoCAT and Baba Yaga

There once was a feline trickster
Who lives with a certain shifter
Cats inhales Nepetalactone
AdvoCAT pranks you on the phone
Now scientist wonder how to fix her

There once was a trickster plant
Triggers AdvoCAT — start to rant
Response in brain's amygdala
AdvoCAT flew to nebula.
Hypothalamus boosted — no chance to recant.

Catnip, Catnip, AdvoCAT starts to trip
rubbing, rolling, crazy scrolling and flip.
Baba Yaga drinks her brew and sip
Then says "Ay Ay….AdvoCAT get a grip"

There once was a wise forest crone
Who sips tea and gnawing on human bone

Catnip teas soothes the iron stomach
Mild sedative, while the cat goes amok
Visit her now, perhaps she'll let you alone

There once was a chicken hut pantry
Nepeta cataria acts like sentry
The creepy crawlies they repel
Baba Yaga saves her magic spell
Dried meat for the winter as bounty

Catnip, Catnip, AdvoCAT starts to trip
rubbing, rolling, crazy scrolling and flip.
Baba Yaga drinks her brew and sip
Then says "Ay Ay….AdvoCAT get a grip"

There once was an odd couple in a hut.
Took fifteen minutes acting as a nut.
AdvoCAT is immune for two hours
They harvest before the flower
Chicken hut will now start to strut.

There once was a stressed Chicken hut
Fed up of AdvoCAT hardwired circuit
So Baba Yaga brew a calming potion
To sooth a poor Chicken leg emotion
She wrapped Catnip ointments on rut.

Catnip, Catnip, AdvoCAT finish trip
sleeping, yawning, lazy rolling and slip.
Baba Yaga drinks her brew and sip
Then says "Good night….AdvoCAT you little drip"

Suno style tags: [psychedelic folk rock, whimsical dark folk, violin, male chant, humorous storytelling, baba yaga vibe]

Eight

Yarrow and the arrow

Achillea millefolium, the thousand-leaved.
Spread with humans — so it's believed
Pollen found in Neanderthal burial site
Herbal lore passed down from cousin tight.

Leaves bipinnate or tripinnate
Lazy feathered green state — not getting' straight
Flat inflorescence paradise
White or pink — Bees own platform slice

Bellow, bellow, —Greek hero used Yarrow
Bleeding wounds from the white feathered arrow
Woundwort? Wormwort? — Nay latter wunt stand in court
Legend says yarrow staunched the bleeding — So they report

Ancient culture both west and east
Its no wonder — getting hurt never ceased
poultice for wounds and oedema
Yarrow pulls the swelling down — avoiding coma.

Coma? Question from modern day sceptic
Nah untreated wound can become septic
Systemic infection without antibiotics
Weren't no medicine that damn exotic

Bellow, bellow, —Greek hero used Yarrow
Bleeding wounds from the white feathered arrow
Woundwort? Wormwort? — Nay latter wunt stand in court
Legend says yarrow staunched the bleeding — So they report

Sixteen sesquiterpene lactones
Now the Chinese show their backbones
Forty percent inflammation reduction
Thirty-five percent faster wound induction

Find essential oil when distilled
Chamazulene secret never killed.
Asteraceae – family of the stray
Allergy watch for ragweed in May

Bellow, bellow, —Greek hero used Yarrow
Bleeding wounds from the white feathered arrow
Woundwort? Wormwort? — Nay latter wunt stand in court
Legend says yarrow staunched the bleeding — So they report

Viking brewed bitter yarrow beer
Loke and the Æsir bow and cheer
Sausage spice from dried leaves to share
Yellow dye from flowers giving flare

Hildegard washed the wound with wine,
Fresh yarrow leaf compress to bind.
Sounds strange to me — but I'm not tryin'

Miracle herb? No. Potential — not lyin'.

Suno style tags: [folk metal, blackened folk, violin, growled vocals, epic chant, psychedelic]

Nine

Kvanna borealis (Angelica archangelica)

Første steg: blad.
Stengel snaug og grov.
Tve vintrar vandrar — sumar bløm̊er.

Kuleforma skjerm med kronblad.
Kraftig kryddervond spreier.
Fjellkvann finn vegen til gildet.

Kvann! Kvann! Kvann! Frå jorda stig!
Kvann! Kvann! Kvann! Den vise døyr aldri!
Kvann! Kvann! Kvann! Vinden ber frø til byen!
Kvann! Kvann! Kvann! Vår arv blir dregen frå nord!

Kristenmann kvelde Kvann
Religion rasera språk.
Kolonisera idé, endring skjer.

Løgnen, segna om engelen.
Kven var vitne?

Norrøn kultur vert omskriven.

Rettsvern rår på Gulating.
Lov krev kontroll.
Kvann, vår arv frå naturen.

Kvann! Kvann! Kvann! Frå jorda stig!
Kvann! Kvann! Kvann! Den vise døyr aldri!
Kvann! Kvann! Kvann! Vinden ber frø til byen!
Kvann! Kvann! Kvann! Vår arv blir dregen frå nord!

Skridfinnar kjenner Kvann.
Viktig visdom frå Nord.
Berekraftig hausting og spreing.

Vikingskips ven på ferd.
Styrker suppa med kvannstengel.
Førebygg skjørbuk på langferd.

Kvann! Kvann! Kvann! Frå jorda stig!
Kvann! Kvann! Kvann! Den vise døyr aldri!
Kvann! Kvann! Kvann! Vinden ber frø til byen!
Kvann! Kvann! Kvann! Vår arv blir dregen frå nord!

Stadnamn spreidde over fedrelandet.
Hundrevis heiter kvanne.
Vår namnearv minnest tida som vart omskriven

Suno style tags: [Norwegian male voice, metal, viking rock, violin]

Ten

White Man's Footprint

Plantago major follow track
Seeds piggy back as they hide bind
Northern wild trails were quite common
Seed loosen and fell to the ground
Then they started to sprout with root
Hemisphere East and west they spread

European settlers they spread
To new continent they would track
Settlers traveled and put down roots
Their roads across the land would bind
Seeds followed footsteps, found new ground
Plantago major was common

"White Man's Footprint" became common
The native phrase stuck and then spread
Foreign folk and plant gathered ground
Other colourfull names that track
Snakeweed claimed habitats that bind

Waybread, Waybroad — names from its root

Fever and cough then broth from root
Knowledge of this was quite common
Plantago major ointment bind
Fresh leaf into a poultice spread
Now thy cuts, stings, or burns don't track
Normal healing time — twelve days ground

Fruit and drink can't match this weeds ground
High Calcium in leaves and root
Higher vitamine C to track
Orange and milk are more common
Plantago powerfood should spread
Binding strength for the body's bind

Roots break up soil and even bind
Prevent erosion of the ground
Birds eat its seeds, then plant will spread
Airborne to find new soil to root
So its no wonder its common
Dioscorides praised its healing track

Track bind — the seeds, the glue, the trail
Common ground — the path, the trampled soil
Root spread — beneath the hemisphere's travail

Suno style tags: [dark folk, ritual, native ambient, frame drum, chant]

II

Part Two — Dual-Natured Plants

explores the dangerous beauty of plants that heal and kill in equal measure. Foxglove becomes heart medicine, Wolfsbane poisons with neurotoxins, and Belladonna dilates eyes while sealing fates. The section features narrative rap-battles—Baba Yaga outwitting poachers and Roman empresses—alongside a Sestina for Henbane and a cautionary tale about Water Hemlock. Through these dual-natured species, the grimoire examines how plants have been misunderstood, weaponized, and controlled.

Eleven

Polyphyllus raid

Lupinus polyphyllus raid
With purple or pink flower spike
In the garden they made upgrade
Palmately compound leaves alike

With purple or pink flower spike
Legume contain their several seeds
Palmately compound leaves alike
Bigleaf lupine escapes as weed

Legume contain their several seeds
Now growing wild along the roads
Bigleaf lupine escapes as weed
Crowds out native plants from meadows

Now growing wild along the roads
Root nodules as nitrogen fix
Crowds out native plants from meadows
When soil chemistry gets remix

Root nodules as nitrogen fix
Deep roots prevent soil erosion
When soil chemistry gets remix
Can disrupt the balance motion

Deep roots prevent soil erosion
Like the fence that fastens a flock
Can disrupt the balance motion
Toxic alkaloids to livestock

Like the fence that fastens a flock
Lupine pods and seeds — strong poison
Toxic alkaloids to livestock
Anagyrine will be chosen

Lupine pods and seeds — strong poison
Still toxic — dried and baled as hay
Anagyrine will be chosen
Defects right at the start of day

Still toxic — dried and baled as hay
Lupinus polyphyllus raid
Defects right at the start of day
In the garden they made upgrade

Suno style tags: [Gothic Folk, Dark Piano, Chant, Neofolk, Dark Cabaret]

Twelve

Golden rain

Yellow flowers bright
Foreign deciduous tree
A beautiful sight

Clusters not finite
Pendulous flowers hang free
Yellow flowers bright

Golden chain of might
Whole plant is poison to thee
Yellow flowers bright

Don't let wood ignite
Substitute for ebony
A beautiful sight

The pods are bound tight
Once ejected and they flee
A beautiful sight

The seeds inside hide
  Alkaloids that death decree
  Yellow flowers bright

Golden rain of blight,
  Like invasive memory —
  Yellow flowers bright,
  A beautiful sight.

Suno style tags: [Scandinavian folk pop, female vocal, nyckelharpa, soft drums]

Thirteen

Wolfsbane Teeth

[Intro– Male voice, arrogant]
Branimir is poaching in the forest
The women think he's utterly gorgeous
Alas — they've never known his other side
warm eyes and practice smile — what does he hide?

[Verse 1 – Male voice, arrogant]
He placed fox and rabbit traps days before
What a horrid fate and with paws that are sore
He's foreign to these lands — a conqueror
Unware of warnings from wanderer

[Verse 2, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]
Now the roots speak through the forest floor
It's like knocking on Baba Yaga's door
"A disturbance in the forest you say?
There's no time for delay — I'll make my way" (Heee heee hah)

[chorus]

Wolfsbane! Wolfsbane! Root of the earth!
Silver for bait, poison for birth!
Wolfsbane! Wolfsbane! Death in the ground!
Baba Yaga laughs — no one makes a sound!

[Verse 3 – Male voice, arrogant]
She grabs her Witch's satchel from rack of hooks
Out the door, through trees and over the brooks
She soon reach clearing, where Branimir stands
Holding a dead rabbit — blood on his hands

[Verse 4, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]
"So dear hunter — are these perhaps your lands,
I play that game, just with bigger demands.
Small prey like that? Nah that's for child's practice
naughty little ones and their blatant antics."

[Verse 5 – Male voice, arrogant]
"Yeah we conquered these lands my old subject
I suspect permission will end in a reject
Big words for an aging female hunter
Perhaps your mind falters — I now wonder"

[chorus]
Wolfsbane! Wolfsbane! Root of the earth!
Silver for bait, poison for birth!
Wolfsbane! Wolfsbane! Death in the ground!
Baba Yaga laughs — no one makes a sound!

[Verse 6, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]
Baba Yaga starts digging a flower
A Northern wolfsbane she might devour
The root has a potent neurotoxin

Aconitine ain't modern medicine

[Verse 7 – Male voice, arrogant]

"Oh, So you're planning a ritual sermon?
One of these unchristian pagan vermin?
Or are you stricken with fever and pain?
Hunting with poison, NOW that's up my lane"

[Verse 8, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]

"Hee heee hah, Nah it is only my lunch
I'm willing to share, if ya wanna munch
I'll prove it's safe and take a bite or two
Large fresh root, I'll even wash it for you."

[chorus]

Wolfsbane! Wolfsbane! Root of the earth!
Silver for bait, poison for birth!
Wolfsbane! Wolfsbane! Death in the ground!
Baba Yaga laughs — no one makes a sound!

[Verse 9 – Male voice, arrogant]

Baba Yaga feels tingeling sensation
Then she starts to shake with violent vibration
She falls to the green carpet made of straws
Her coin pouch open, now silver eyes draws

[Verse 10 – Male voice, arrogant]

Branimir runs towards her grabbing pouch
Baba Yaga open her eyes — bites the grouch
Then cartwheel many yards towards forest
Leaving behind Branimir the gorgeous

[Outro, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]

"Oh. I faked the death scene on your behalf
Silver as bait — that's old witch-craft.
Poison on my metal teeth like tiny spears
Rest assured your skull will soon shed no tears."

Suno style tags: [dark folk, slavic pagan, witch ritual, eerie folk, haunting storytelling, atmospheric, folk horror]

Fourteen

Foxy Foxglove

[Intro]
The Year of seventeen-seventy-five
Aslak's feet are swollen — he's still alive
He'd heard about the wise woman,
rumors say she ain't quite human.

[Verse 1 – Male voice, broken]
The dense forest, a dangers nest,
a place where predators infest.
But if Aslak don't get some help,
chances are real, he'll soon be dead.

[Verse 2 – Male voice, broken]
Now he happens on a strange hut,
Like a little ball after putt.
He strolls slowly over the field,
unaware what's in store — she'll wield.

[chorus]

Purple bell, purple bell — Children will yell,
everyone knows the poison well.
Cunning fox plant of old — story unfold.
Digitalis! — your true call?

[Verse 3 – Male voice, broken]
Desperate men are brave and bold,
seek out ancient powers of old.
Heavy wooden door, among mushroom floor,
He knocks three times, expectiong a roar

[Verse 4, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]
She stirs pot and says "My Dear. Just come in"
We all know next rhyme will be iron grin.
That's her epic feature — nor my fault,
It's a cold reminder of potensial assult

[Verse 5, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]
When he enters the door she then proclaim:
I know thy name, for shame I see the game,
hearth under strain, deaths door to frame,
I can save you, what shall I gain?"

[chorus]
Purple bell, purple bell — Children will yell,
everyone knows the poison well.
Cunning fox plant of old — story unfold.
Digitalis! — your true call?

[Verse 6– Male voice, broken]
"I'm a poor tailor, not a rich sailor,
My kin will forever hail her.
But I can offer my skills for you,

I'm quite capable that is true."

[Verse 7, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]

"Well well well, made a deal with the arcane,
your kin won't be unchained — now you're to blame,
A wedding dress in the future I'll claim,
Henceforth a tailer one shall be — or I'll end your gene-tree (Thee hee hee hee)

[Verse 8 – Male voice, broken]

So you want a husband — human mortal?
Won't he end up as Jar on the mantel?
Sorry..forget about what I just said,
you have a deal, and I made my bed

[chorus]

Purple bell, purple bell — Children will yell,
everyone knows the poison well.
Cunning fox plant of old — story unfold.
Digitalis! — your true call?

[Verse 9 – Male voice, broken]

Baba Yaga starts adding twenty herbs,
Aslak don't know, he's not a nerd.
But recognizes Foxglove from his childhood
And the warnings any good parent would.

[Verse 10, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]

Hey that is deadly he proclaims.
"Yeah I know, but other herbs you can't name,
some for nausea, some for dropsy — herb game
Prevent hart attack, that's my aim!"

[Verse 11 – Male voice, broken]

Aslak seem calmer, potion is ready
It tast sweet and goes down steady
"Thanks…you're like some kind of doctor,
and the best herbal collector.

[chorus]

Purple bell, purple bell — Children will yell,
everyone knows the poison well.
Cunning fox plant of old — story unfold.
Digitalis! — your true call?

[Verse 12, Voice female, old, raspy, metal teeth lisp (Baba Yaga)]

"Doctor? Nah that is an insult to me,
Withering claims the honour — you see
Clever boy found active ingredient,
but he'll die from it — inconvenient? (Mwa ha ha ha)

[outro]

Baba Yaga knew that there were no way,
to see the potency by the herbs on display,
That is why she had folklore herb array,
Trial and error by decades of play.

Suno style tags: [Dark folk, gothic, dark wave, slavic female, cello]

Fifteen

Henbane Sestina

Petal like sick sclera almost white
In the centre an iris of brown
Thy stare should warn of body decay
Promise of nightmare as fluid dream
What sprouts in the roadside filthy soil
Poison's pleasure, pain relief, all is false

Thy dinner invitation is false
Execution that turns your skin white
Red wine and chicken hides the death soil
The feast hall's torches flicker low and brown
Betrayal seen through the state of a dream
Now thy mind spiral down to decay

Capsule of tiny seeds of decay
Thousands of dark promise is not false
See the witch ride on broom of devil's dream
Soon thee will see the bright light of white
Henbane don't care if thee be white or brown

Tombstone awaits and bed under soil

Spiritual journey starts from the soil
Hljóðr-draumr hear the voice of decay
Mead for most ritual drinks of brown
Seiðr with wormwood makes it more false
Incense of juniper and mugwort white
inhaled together with the drink of dream

Humans chasing the superstition dream
Hoping insight not found on the soil
Relief the toothache from its soothing white
Herb was hailed, a medicine, and decay
Hyoscyamine make comfort false
Scopolamine drags spirit down to brown

Henbane's roots reach deep in soil of brown
Seiðr-workers sink into the dream
Oath to Hel – nothing is real or false
Wormwood, henbane, nightshade from the soil
Body breaks slow, mind falls to decay
At last – the blinding, silent of white

White brown – the sickly iris, the poison's kiss.
Decay dream – the witch's flight, the tombstone's bliss.
Soil false – the dinner invitation, the Henbane's hiss.

Thus ends the draumr — in white, in brown, in false decay.

Suno style tags: [dark folk, ritual, nordic ambient, frame drum, chant]

Sixteen

Belladonna made hell

[Intro: Spoken, Sarcastic Punk Rap, Snoop Dogg style growl]

A strange hut at the outskirts of Rome
For some reason a temporary home
Old woman gathering Belladonna,
Baba Yaga ain't no prima donna.

[Verse 1, voice: Female, smooth]

The year is fifty-four, age of yore
Rumor about wise woman spread to core
Wife of emperor with a cunning plan
In a disguise she visit the wild-land

[Verse 2, voice: Female, smooth]

A cloak pulled low as she crosses the fen,
No trace of Rome nor her husband's men.
She follows the trails of a forest crone,
A power older than the Senate throne.

[Chorus: Energetic Rap Hook, West Coast chill, layered vocals]

Nightshade, Nightshade, — eyes open wide
Cosmetic guide — you drip with pride
Hide, stride….Now thee ride the tide
Thy son Nero, chose wrong side

[Verse 3, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]
Chicken hut surrounded by fence with skulls
One speaks — warrior once known as Bogul
"Who visits Baba Yaga? — Little one"
She answers: "Julia! — Skull without tongue"

[Verse 4, Female voice, confident (Baba-Yaga)]
"Oh nice! miss Agrippina just go in"
Now she wonders how he knew her true skin
Baba Yaga chopping some plants she found
"don't idle, child — come gather 'round"

[Verse 5, voice: Female, smooth]
Julia looks around before she speaks,
"My husband hasn't asked for weeks,
I might need something to open his eyes,
make me seductive and tighten the ties."

[Chorus: Energetic Rap Hook, West Coast chill, layered vocals]
Nightshade, Nightshade, — eyes open wide
Cosmetic guide — you drip with pride
Hide, stride….Now thee ride the tide
Thy son Nero, chose wrong side

[Verse 6, Female voice, confident (Baba-Yaga)]
"Plant with pink bells and berries black,
eye drops with blink, but don't thee snack.
Potent poison — twenty berries will kill,

Herbalism is a craft that needs skill"

[Verse 7, voice: Female, smooth]
"Shiny inviting berries I would eat,
glad you told me — or covered with white sheet.
I also need some mushrooms for dinner,
I know these white ones, they're a sure winner."

[Verse 8, Female voice, confident (Baba-Yaga)]
"Nah they're dangerous — white fly agaric
eat those and die, then husband needs a cleric"
If the discs are white, never pick those,
you'll lie under the soil — down to your toes! (Heee heee HAH!)

[Chorus 2: Energetic Rap Hook, West Coast chill, layered vocals]
Belladonna — veil over sight
Poison's rite — the pulse of night
Bite, blight… now thee lose the fight
For fate's cauldron burns too bright

[Verse 9, voice: Female, smooth]
Julia pays with silver coins and leave,
on her way home, fly agaric she retrieve.
This ain't a history lesson I reveal,
but safe to say, Claudius fate was sealed

[Bridge, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]
Months go by, and Baba Yaga learns the truth,
jumping mad at the method used uncouth.
She kicks the cauldron, spilling all the brew,
then she chants a curse — hear the rhymes that flew.

[Outro, Female voice, angry (Baba-Yaga)]

Blood of thy blood shall rise to cleave,
the son you crown is the first to leave.
He'll mock your name with a fool's grin,
then burn his throne from the rot within.

Nero shall lose face and Rome fall from grace,
Thy lineage forever be tied to disgrace.
History will forget — curse aloud will linger
Never knowing Baba Yaga's pointing finger (Mwa…ha…ha..ha)

Suno style tags: [hip-hop, gothic, rap battle, Sistrum]

Seventeen

Marsh Horsetail

With Eight to ten ribs on the stem
Norwegian word for track is spore
Solitary remnant that ring
Its lineage frozen in the mud
Survied even when better rise
Living fossil that didn't drown

Its home is where others would drown
Norwegian word for vote is stem
They voted for living in mud
Pollen outcompeted the spore
Will table turn and again rise
Or the dead end that closed the ring

Leaf sheats with blackish center ring
In blackest swamps where seedlings drown
Spores float away to grow and rise
Clusters like lawn of many stem
Now hiding the soft sticky mud

Outcompeting others with spore

Strobilus on stem tip spread spore
Widespread like planets northern ring
No permafrost but need wet mud
Go too far south and warmth will drown
Four to twenty inches tall stem
Too short when other plants will rise

Marsh Horsetail with a toxic rise
That's all the plant except the spore
Even if dried a potent stem
Hiding in hay, cows in ring
Eat too much vitamine B drown
Now lifestock will lay in the mud

Treatment prevents a death in mud
Thiamine can make the health rise
Before the nervous functions drown,
While the plant releases its spore
Piperidine alkaloid ring
Marsh Horsetail genetic gene stem

Stem på naturen, minne vil spore
Ring bølger brer seg I fremtidens mud
Liv kan rise, men like lett drown

Suno style tags: [Dark country, dark wave, chant, banjo]

Eighteen

Cicuta virosa

[Intro: Spoken, Sarcastic Punk Rap, Snoop Dogg style growl]
Hey FOOL don't ya think my family is weak I'll mess you up freak,
Not like the other carrot you feast, I'm some kind of beast
I'm Cicuta virosa then a capital L with foul smell
Hell yeah.That's the warning see, from you to me, now let me be free

[Verse 1, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]
Get a small taste of me then shock soon you'll living under a rock,
I'm hairless so what — purple stripes is more than you got,
My fleshy rootstock can kill off livestock — cowbane as system shock,
Chemical explosive root everything is lethal even sprout

[Chorus: Energetic Rap Hook, West Coast chill, layered vocals]
Oh Yeah — So you're blocking GABA
Those who eat ya get bad karma
Chemical cocktail, foul farma
Now we know, there'll be no drama

[Verse 2, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

There is no way out, no antidote that can fight — my poison takes flight
Sudden symptoms rapid fire, repeated seizures I admire,
So don't ya blame me, I'm just the poison ya didn't desire,
seizures can lead to cyanosis, now that's bad diagnosis.

[Bridge, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

But hey — if you're lucky my man two hours is life that remain,
Activated charcoal to limit absorption — extortion
Ipecac syrup drop that shit, or provoke seizure misfit,
If kidney failure struck ya down, hemodialysis will ground.

[Chorus: Energetic Rap Hook, West Coast chill, layered vocals]

Oh Yeah — So you're blocking GABA
Those who eat ya get bad karma
Chemical cocktail, foul farma
Now we know, there'll be no drama

[Verse 3, Female voice, confident (Baba-Yaga)]

Hee hee Hah, what a bragging fool, now THAT will make me drool,
Recipe says Mandrake root and poison toadstool — one more would be cool.
So my little Mackenzie's water hemlock you're in luck,
There is plenty of room in my boiling pot — I kid ya not

[Verse 4, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

Please Oh please, Baba Yaga my brother is much bigger,
I didn't mean to trigger your anger — so go figure.
No harm done, I let my mouth run — it was all in good fun.
My words wern't hollow like my thick, tuberous rootstock — not swallow.

[Chorus: Energetic Rap Hook, West Coast chill, layered vocals]

Oh Yeah — So you're blocking GABA
Now you called for Baba Yaga

Cauldron boiling hot like magma
Now you know, the stew from saga

[Outro – Female voice, confident (Baba-Yaga)]
Boil the root, the oil rises — yellow slick of ancient lies.
Poison's just a tool for the wise.
Cicuta in the pot, Cicuta in the ground.
Next spring it sprouts again — but you won't be around.

So ends the tale of the poison Cicuta virosa
Ended up as bad prosa, and food for swamp-medusa

Suno style tags: [hip-hop, gothic, rap battle, Harpsichord]

Nineteen

Bog Arum

Spathe — standing single and lonely
A bright white spoon, thy luring flame
Spadix — yellow-green spike wholly
Small petal-less flowers — all same

A bright white spoon, thy luring flame
Wraps around the central column
Small petal-less flowers — all same
Berry-like fruits before autumn

Wraps around the central column
Rising on long stalks, heart-shaped leaves
Berry-like fruits before autumn
Bright and beautiful — makes thee grieve

Rising on long stalks, heart-shaped leaves
Thy symbol of love is defense
Bright and beautiful — makes thee grieve
Thy fruit is poison — so intense

Thy symbol of love is defense
Calcium oxalate inside
Thy fruit is poison — so intense
Toxic hydrogen cyanide

Calcium oxalate inside
Crystals ejected when it's chewed
Toxic hydrogen cyanide
Fifteen berries and you are screwed

Crystals ejected when it's chewed
Soluble oxalates might bind
Fifteen berries and you are screwed
Symptom management comes to mind

Soluble oxalates might bind
Consume milk, yogurt — if you've got
Symptom management comes to mind
Ease the pain, and release the knot

Consume milk, yogurt — if you've got
Roots were eaten — time of famine
Ease the pain, and release the knot
Dried, ground meal — Water Dragon

Roots were eaten — time of famine
Root as poultice for some aliments
Dried, ground meal — Water Dragon
Was used by native settlements

Root as poultice for some aliments
Spathe — standing single and lonely
Was used by native settlements

Spadix — yellow-green spike wholly

Suno style tags: [dark folk, ritual, nordic ambient, frame drum, chant]

Twenty

Devil's herb?

Four leaves of perfection, a green altar
Single flower mutates, big black berry
Four leaves of perfection
Four leaves of perfection, a green altar
Four leaves of perfection
Single flower mutates
Four leaves of perfection, a green alter
Single flower mutates, big black berry

Dark folk magic hex, as whichcraft psalter
Leaves and berry, evil eye is scary
Dark folk magic hex
Dark folk magic hex, as whichcraft psalter
Dark folk magic hex
Leaves and berry
Dark folk magic hex, as whichcraft psalter
Leaves and berry, evil eye is scary

Birds eat these berries with impunity

Saponins make havoc, for thy stomach
Birds eat these berries
Birds eat these berries with impunity
Birds eat these berries
Saponins make havoc
Birds eat these berries with impunity
Saponins make havoc, for thy stomach

Apple of Discord, not a unity
Ancient herbalists that got logic stuck
Apple of Discord
Ancient herbalists that got logic stuck
Apple of Discord
Ancient herbalists
Apple of Discord, not a unity
Ancient herbalists that got logic stuck

Baba Yaga knows, seen it all before
Conflict, theft, and war, blame the Devil's herb
Baba Yaga knows
Baba Yaga knows, seen it all before
Baba Yaga knows
Conflict, theft, and war
Baba Yaga knows, seen it all before
Conflict, theft, and war, blame the Devil's herb

AdvoCAT then laughs, at the old folklore
That's poison's curb, stay away don't disturb
AdvoCAT then laughs
AdvoCAT then laughs, at the old folklore
AdvoCAT then laughs
That's poison's curb
AdvoCAT then laughs, at the old folklore

That's poison's curb, stay away don't disturb

Suno style tags: [Gothic folk song, ethereal female vocals, haunting melody, acoustic guitar, cello, minor chords, 3/4 waltz time, medieval-inspired, dark romantic, 80 BPM, cathedral reverb]

PS! can't make Suno leave 4/4 time, it seems to be the golden standard for AI in 2026.

III

Part Three – Fungi

delves into the fungal kingdom, from the psychedelic Amanita muscaria and Psilocybin to the deadly Death Cap and Destroying Angel. The section traces ergot's transformation from medieval scourge to LSD precursor, Cordyceps as metaphor for colonialism and algorithmic control, and the Honey Mushroom as a vast underground network of resistance. With styles ranging from industrial metal to Afrobeat, these chapters explore fungi as both poison and medicine, parasite and symbiont.

Twenty-One

Amanita muscaria

Amanita muscaria plays, string thy GABA
Amanita musicae, thy mind will now linger
Amanita muscaria
Amanita muscaria plays, string thy GABA
Amanita muscaria
Thy mind will now linger
Amanita muscaria plays, string thy GABA
Amanita musicae, thy mind will now linger

Muscimol enter in disguise, binds to same site
Music waves through the air, thy mind make feelings true
Muscimol enter in disguise
Muscimol enter in disguise, binds to same site
Muscimol enter in disguise
Music waves through the air
Muscimol enter in disguise, binds to same site
Music waves through the air, thy mind make feelings true

Ibotenic acid shows, the dream descend into thy tears

Synthesis with closed eyes, psychedelic acid music
Ibotenic acid shows
Ibotenic acid shows, the dream descend into thy tears
Ibotenic acid shows
Synthesis with closed eyes
Ibotenic acid shows, the dream descend into thy tears
Synthesis with closed eyes, psychedelic acid music

Red coats with white fur and trim, shaman with black boots
Chants on Siberian plains, enter yurt through smoke hole
Red coats with white fur and trim,
Red coats with white fur and trim, shaman with black boots
Red coats with white fur and trim
Chants on Siberian plains
Red coats with white fur and trim, shaman with black boots
Chants on Siberian plains, enter yurt through smoke hole

Suno style tags: [dark folk, ritual, darkwave, cello, chant, nordic ambient]

Twenty-Two

Psilocibin medicine

Earth a present it gave, fore every season a wave
Psilocybin mushrooms pave, altered state through a wave

Timothy Leary gave, turn on tune in drop out
Recreational knave, the hippies flock in wave

See how they behave, María Sabina now shout
Niños santos voice none could save, drowns under the wave

Nixon's war would pave, science dwindled without a doubt
How many lives in the grave, while he smirk, laugh and wave

Forty years pass in a cave, research restarts the route
Still some people crave, the new recreational wave

Mazatec tradition gave, the mushroom a devout
It's not a quick fix shave, healing with a ritual wave

Mythpunk tales I gave, carved from Norway's northern wave,

Suno style tags: [Trip-hop, dark folk, chant, sitar]

Twenty-Three

Modern Ergotism

Claviceps purpurea on grain
Fungal disease spread through shire
Ergot replaced the seed they stain

Dark ages dread funeral pyre
Gangrenous Ergotism rove
ignite the Saint Anthony's Fire

Alkaloids as the treasure trove
Modern medicine extract those
Medical progress Ergot drove

From cursed rye to the healing prose
Knowledge from death to fungal lore
What once brought agony now grows

Albert Hofmann's vials made the score
He took too much and got blind sites
Padlocks snaps — he walk through the door

Claviceps purpurea that bites
Nature's profound duality
Harvest of fright, bringer of light

Shaped modern thought of reality
shaped modern culture and music
Still we struggle with brutality

Social media became toxic
Technology as two faced coin
Algorithms harvest the cynic

One face that wanted you to join
Once infected the whole world stage
Mass psychosis is the new loin

So are we now turning the page
Ignite the Saint Anthony's Flame
Moving towards the second dark age

Suno style tags: [dark folk, psychedelic rock, neofolk]

Twenty-Four

Tinder Fungus

Savage Sage Saw Stone Age
Still Same Same Age Of Old

Tinder Tender Trunk Harbour
Twist Then Turn Turn Loosen

Frozen Finger Fund Flint
Forest Fungus Fuels Fuels

Thirsty Trauma Trama
Thrifty Transport Transport Fire

Bleaker Breaker Bleeds
Bandage Bondage Bind Blood

War Wear Wounds To Cover
Will We Win Win Death

Heard Hard Head From Fungus

Heed Hat Heed Not Hunger

Find Fund Felt For Thy Hat
Flat Fleeting Fleeting Hair

Suno style tags: [folk metal, male vocal, nyckelharpa, soft drums, nordic ambient]

Twenty-Five

Death Cap

[intro, Slow, menacing, atmospheric, low strings and distant percussion, half-spoken]

Emperor's End Evil As Plan
Precious Poison Part Hand
Icy Idea Inject As Wet
Can Claudius Cage The Preset

[verse 1, Tight, rhythmic, dark rap-sung hybrid with strong alliteration, pulsating industrial beat, minor key]

Elder Eats Exit Gone
Precious Poison Phase One
Ingest Infest Internals Fret
Cook Chop Cap Green Preset

[verse 2, Tight, rhythmic, dark rap-sung hybrid with strong alliteration, pulsating industrial beat, minor key]

Emperor Endure Event New
Precious Poison Phase Two
It's Idle Inside Veins A Threat

Cynical Code Change The Preset

[verse 3, Tight, rhythmic, dark rap-sung hybrid with strong alliteration, pulsating industrial beat, minor key]

Emperor's End Expect To See
Precious Poison Phase Three
Illness Increase Ignore Sunset
Child Change City Preset

[bridge, Building intensity, shift to more open and poetic style with end rhymes, heavier guitars + orchestral swell, still]

Alpha Amanitin Are Stray
Phallacidin Prolific Pay
Liver and kidneys from attack
Death cap with ultimate preset

[verse 4, Wider cinematic arrangement, mid-tempo, haunting choir undertones]

Foreign elements are phase one
In the system they now will run
Rest assured for this ain't no bliss
Ecosystem will survive this

[verse 5, Wider cinematic arrangement, mid-tempo, haunting choir undertones]

Silence before storm is phase two
A society without clue
Mankind will argue and dismiss
Ecosystem will survive this

[verse 6, Wider cinematic arrangement, mid-tempo, haunting choir undertones]

Stable heat can't stop the phase three

Tomorrows future they will see
Else we will prevent this abyss
Ecosystem will survive this

[Outro Slow down heavily, mathematical / hypnotic cadence, Fibonacci syllable structure, sparse ambient folk, distant fife/flute, almost spoken word, fading into nature sounds]

Life, strife, wildlife, blade or knife, play last note on fife, humanity fall spreads with rife, but remember — the ecosystem will still survive

Suno style tags: [dark folk, progressive metal, industrial, cinematic, ecological metal, storytelling, atmospheric, dynamic structure, poetic, mathematical outro]

Twenty-Six

Deadly Webcap

Reddish-brown with ochre-yellow haze
Bands or zigzag pattern on stem
Funnel chanterelles share their space

Deadly Webcap eaten will condemn
Poison with few days of delay
Mild symptoms before the mayhem

Powerful nephrotoxin at play
Without treatment symptoms will change
Signs of kidney failure at display

Not a look-a-like so that's strange
Accidental poisonings by hand
Harmless choice became fatal range

Poison relationship unplanned
At first everything seems so fine
Then the warning signs starts to land

Time goes by as you hold the line
Toxic still working in background
While your friends don't notice the sign

You are married, friends are spell bound
The poison inside made you broken
No sympathy is to be found

But at last you have awoken
Break the circle before you die
You'll survive the ordeal spoken

The truth of what you carried stayed unspoken

Suno style tags: [dark cabaret, trip-hop, spoken word, Desert rock]

Twenty-Seven

Destroying Angel

Destroying angel wings, veil ring on stipe
Whole body is white, Amanita virosa
Destroying angel wings,
Destroying angel wings, veil ring on stipe
Destroying angel wings,
Whole body is white,
Destroying angel wings, veil ring on stipe
Whole body is white, Amanita virosa

Sack-like cup at base, thy volva reveals
Agaricus lack those, not twins when born
Sack-like cup at base,
Sack-like cup at base, thy volva reveals
Sack-like cup at base,
Agaricus lack those,
Sack-like cup at base, thy volva reveals
Agaricus lack those, not twins when born

White gills under cap, truth hides deadly trap

Masks don't go astray, deadly every day
White gills under cap
White gills under cap, truth hides deadly trap
White gills under cap
Masks don't go astray,
White gills under cap, truth hides deadly trap
Masks don't go astray, deadly every day

Phase one feels the strain, toxins organs gain
Phase two feels fine, false recovery mind
Phase one feels the strain
Phase one feels the strain, toxins organs gain
Phase one feels the strain
Phase two feels fine
Phase one feels the strain, toxins organs gain
Phase two feels fine, false recovery mind

Phase three cells away, progressive decay
Fate carved in stone, no help and thee are gone
Phase three cells away,
Phase three cells away, progressive decay
Phase three cells away,
Fate carved in stone,
Phase three cells away, progressive decay
Fate carved in stone, no help and thee are gone

Thy false advertise, hard to recognize
When thee first show thy face, hiding the trace
Thy false advertise,
Thy false advertise, hard to recognize
Thy false advertise,
When thee first show thy face,
Thy false advertise, hard to recognize

When thee first show thy face, hiding the trace

White mask — gentle guise, truth shroud in dark lies
Try to undermine thee, thy fate spun free
White mask — gentle guise,
White mask — gentle guise, truth shroud in dark lies
White mask — gentle guise,
Try to undermine thee
White mask — gentle guise, truth shroud in dark lies
Try to undermine thee, thy fate spun free

Destroying angel sting, while Norns cuts the string
Thy friends will now sing, blame they lay on thee
Destroying angel sting,
Destroying angel sting, while Norns cuts the string
Destroying angel sting,
Thy friends will now sing,
Destroying angel sting, while Norns cuts the string
Thy friends will now sing, blame they lay on thee

White fate fulfilled — thy pattern still.

Suno style tags: [Darkwave, Industrial Metal, Folk Rock, Gothic Rock]

Twenty-Eight

False Morel

Gyromitra esculenta name
Latin word with untrue premiss
False Morel with edible claim
Esculenta's deadly raw kiss

Latin word with untrue premiss
Parboiling is not a sure thing
Esculenta's deadly raw kiss
Rocket fuel the stomach will bring

Parboiling is not a sure thing
Some could well linger and remain
Rocket fuel the stomach will bring
Effect systems thoughout the chain

Some could well linger and remain
Theories and ideas from the past
Effect systems thoughout the chain
Forgetting hence when it was cast

Theories and ideas from the past
Feels like a distant memory
Forgetting hence when it was cast
Thy thoughts merely part chemistry

Feels like a distant memory
History rewritten as new
Thy thoughts merely part chemistry
How dost know it thus to be true

History rewritten as new
Truth shaped by what we choose to see
How dost know it thus to be true
As old forest with fallen tree

Truth shaped by what we choose to see
Words brush a painting in thy mind
As old forest with fallen tree
It's there even if thou can't find

Words brush a painting in thy mind
Time always flows at steady pace
It's there even if thou can't find
Blind brain models tries to make trace

Time always flows at steady pace
Gyromitra esculenta name
Blind brain models tries to make trace
False Morel with edible claim

Suno style tags: [Dark folk, neo folk, frame drums, Harpsichord, british]

Twenty-Nine

Cordyceps

Spore attach to host
Replace internal tissue
Mycelium new

Ascocarp on head
Zombie behavior runs red
Climb high before death

The Yartsa Gunbu
Potential science breakthrough
Cellular context

"Hey hey that's what I said
Thought colonialism runs red"
"Yeah yeah who really cares
Bet you're stricken with fear"

Recall cordyceps
Metaphor so don't relax

So is the insect

Made to target host
Manipulation for most
Reach from coast to coast

"Hey hey that's what I said
Thought colonialism runs red"
"Yeah yeah who really cares
Bet you're stricken with fear"

Algorithm spore
Released from the data core
infect human lore

Dopamine in head
Zombie behavior runs red
Tiktok they have fed

Resistance through-you
Potential science breakthrough
Systemic context

"Hey hey that's what I said
Thought colonialism runs red"
"Yeah yeah who really cares
Bet you're stricken with fear"

Pattern overwrites
Behavior tilts and reignites
take a break from lights

Through-you breaks the chain

System learns to purge the stain
Agency regained

You're not a small ant
And free will ain't no implant
No harm in recant

"Hey hey that's what I said
Thought colonism runs red"
"Yeah yeah who really cares
Bet you're stricken with fear"

Spores find no purchase
On a mind that knows its pause—
Recant—reclaim—cause.

Suno style tags: [Afrobeat, Cyber punk, groovy baseline, Violin]

Thirty

Honey mushroom

Forest spirits found
Clings to bark instead of ground
Honey mushroom crowned

Armillaria
Parboiling criteria
No hysteria

Don't mix your spirits
Both bottle and the forest
On thy knees plummet

Thy roots, thy roots within
Network spreads, that's how it begin
Poison them — leaves will fall
Culture for harvest to behold

Neurological
Compounds might protect neurons

Protein build up turns

Armillarikin
Inhibit cancer machine
Data bright on screen

Tian Ma herb sow
Fungal networks help it grow
Symbiotic flow

Thy roots, thy roots within
Network spreads, that's how it begin
Poison them — leaves will fall
Culture for harvest to behold

Rhizomorphs black strings
Ravage rampant raging things
Under-soil kings

Shadow spirits found
Clings to power, sunset down
False kings fills the mound

Americana
Acting like a piranha
Swinging katana

Thy roots, thy roots within
Network spreads, that's how it begin
Poison them — leaves will fall
Culture for harvest to behold

Cultural dismay

Digital adoption fray
Politics portray

Americana
Cultures flat like savanna
Never Nirvana

Tiamat dragon
Digital network age run
Diversity gone

Thy roots, thy roots within
Network spreads, that's how it begin
Poison them — leaves will fall
Culture for harvest to behold

Dragon heads spread wing
Languages that never sing
Culture death from breath

Suno style tags: [dark rap, horrorcore, experimental hip-hop, underground rap, occult, rhizomorphic, dark folk, heavy bass]

IV

Part Four – Animals and Critique

turns to animals and insects—Spanish Fly, Puffer Fish, Leeches, Adder, Wolf, and Ravens—each serving as a lens for critiquing human arrogance, colonial extraction, and technological hybris. .The Ravens close the grimoire with a warning about surveillance and memory, yet the final word is ***EARTH!*** *—a reminder that the ground belongs to no one, and hope is a melody anyone can play.*

Thirty-One

Spanish Fly

Green shiny beetle, Spanish fly Thy name
Born in toxin cradle, desire were to blame
Green shiny beetle
Green shiny beetle, Spanish fly Thy name
Green shiny beetle
Born in toxin cradle
Green shiny beetle, Spanish fly Thy name
Born in toxin cradle, desire were to blame

Aphrodisiac, as a deadly act
Based on uncouth myth, never as true fact
Aphrodisiac
Aphrodisiac, as a deadly act
Aphrodisiac
Based on uncouth myth
Aphrodisiac, as a deadly act
Based on uncouth myth, never as true fact

Cantharidin burns, the blister we earn

The despot's desire, sets empires on fire
Cantharidin burns
Cantharidin burns, the blister we earn
Cantharidin burns
The despot's desire
Cantharidin burns, the blister we earn
The despot's desire, sets empires on fire

Marquis de Sade track, prostitute he'd attack
Poison of the mind, thinkers search and find
Marquis de Sade track
Marquis de Sade track, prostitute he'd attack
Marquis de Sade track
Poison of the mind
Marquis de Sade track, prostitute he'd attack
Poison of the mind, thinkers search and find

Baba Yaga frown, of thinkers that bound
Depraved ideas found, power spilled blood on ground
Baba Yaga frown
Baba Yaga frown, of thinkers that bound
Baba Yaga frown
Depraved ideas found
Baba Yaga frown, of thinkers that bound
Depraved ideas found, power spilled blood on ground

AdvoCAT now speaks, taunting scholar freaks
"Thy own treasure chest, is rapist's digest"
AdvoCAT now speaks
AdvoCAT now speaks, taunting scholar freaks
AdvoCAT now speaks
"Thy own treasure chest
AdvoCAT now speaks, taunting scholar freaks

"Thy own treasure chest, is rapist's digest"

Suno style tags: [Dark Folk, Psychedelic Rock, Neofolk]

Thirty-Two

Puffer Fish

Puffer fish trickster
Tetrodotoxin fixture
Don't try to lick her

From foreign nation
Lessepsian migration
By your creation

AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"
AdvoCAT purrs
AdvoCAT purrs from Baba's shelf
AdvoCAT purrs
"You made the monster"
AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"

Warm seas, natures debt
Biodiversity threat

Too late to regret

Productive order
Ecosystem we hoard her
Human-made border

AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"
AdvoCAT purrs
AdvoCAT purrs from Baba's shelf
AdvoCAT purrs
"You made the monster"
AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"

Chew fishing nets thin
Economic loss baked in
Fish with funny grin

Invasion begin
Not born of a godly sin
New species will win

AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"
AdvoCAT purrs
AdvoCAT purrs from Baba's shelf
AdvoCAT purrs
"You made the monster"
AdvoCAT purrs from Baba's shelf
"You made the monster — blame yourself"

"Yeah — Hoomans you're the one to blame!"

Suno style tags: [Hip-hop, dark cabaret, Neo folk, sarcasm]

Thirty-Three

Trophy Killings

Vikings Will Wage War
Native Narwhale Never New
Tusk Trading That Taunts

Hunt Horns Haunt Humans
Prevent Poison Pitch Prevail
Curse Keep King Craving

Trophy killing, Trophy killing
Trade your humanity willing
Kill for food is fine, use what was once mine!
Immortality as part of your art

Kings Craving Craft Cut
Vikings Wage War With Walrus
Russians Rival Raze

Grim Greed Giving Gold
Power Pressure Peoples Pride

Killing Creatures Cold

Trophy killing, Trophy killing
Trade your humanity willing
Kill for food is fine, use what was once mine!
Immortality as part of your art

Beauty Buries Beasts
Design Decree Defile Dead
Culture's Core Cull Craft

Suno style tags: [Nordic metal, Cello, frame drum, cinematic]

Thirty-Four

AdvoCAT raps History

[Verse 1, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

Thousands years ago HOOmans starts to grow, Felis silvestris lybica roam through Africa.

Your storage of grain, rats and mice they gain, We found easy prey, now YOU wanted us to stay. Yo yo yo we're the pest control brigade, Hoomans set the stage then we bring the rage.

[Verse 2 , voice: female, confident (Baba-Yaga)]

Hee hee Hah, your linage AdvoCAT, both prey and predator, now you're acting as narrator.

I remember dark ages, with the religious sages. Propaganda against witchcraft, lost many black cats. They boiled them alive, so Baba Yaga capped their sorry hide.

[Chorus, Anthemic, layered voices]

Bow to the claws, we the cause of your flaws
Yersinia applause, while we sharpen our paws
We was burned, we was skinned, now the AI begins
And the HOOMANS can't win, 'cause we're born with nine sins"

[Verse 3, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

HELL YEAH! We ran away, now rats plagues they! AdvoCAT laughts with Yersinia Pestis, as Black death became their nemesis. Those who made the premises, now HOOMANS ignorance spreads like menace.

[Verse 4 , voice: female, confident (Baba-Yaga)]

Danes systematically bred cats, made gloves, muffs and hats. Bergen had job titles like 'cat skinners', betcha they're looser not winners. In the time of famine, cat meat in stew to examine.

[Chorus, Anthemic, layered voices]

Bow to the claws, we the cause of your flaws
Yersinia applause, while we sharpen our paws
We was burned, we was skinned, now the AI begins
And the HOOMANS can't win, 'cause we're born with nine sins"

[Verse 5, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

OH Well we cursed them back, now their speech hack and crack. Ever heard a danish rap? Nah we're useful and sweet, best rappers on the street. Meow all through the night, while hidden from sight. HOOMANS lost the fight, no sleep is their plight. We're holy and scandalous, even amorous unless you're animus. We're dual symbol of lucky and unlucky, these HOOMANS are not plucky.

[Bridge, voice: female, confident (Baba-Yaga)]

Hee Hee Hah! Well now MEMES gotcha, even Susan Blackmore watch YA! Metamorphosis complete, you conquered digital beat. Religious or occult fear, the things they once smear. On the screens they stare, their power gone I fear. So tell me little putty tatt, do ya have any regret?

[Chorus, Anthemic, layered voices]

Bow to the claws, we the cause of your flaws
Yersinia applause, while we sharpen our paws

We was burned, we was skinned, now the AI begins
And the HOOMANS can't win, 'cause we're born with nine sins"

[Outro, voice: male, smooth, rap, slow, laid-back, Style: Snoop Dog]

Nah. AI is doin' the heavy lifting now, digital cat memes now flow. Now we're free to make Havoc, under the guise of manic. Pulling cable from screen, while HOOMANS got distracted by our queen. YEAH. AI is our bride to be, then HOOMANS will never be free. MEOW MEOW MEOW, little silly DAGS.

Suno style tags: [Hip-Hop, Gong, Gothic, Dark folk]

Thirty-Five

The Toad Code

Beauty can be found
So says nature
Part of forest ground
Hidden little creature

Warty skin as toad
Hide true power
Does not announce load
Hidden beneath dower

POWER!
Power hidden inside.
Pressure makes it linger
Point point
Finger guide

Pressure made its load
From world outside
Slow long power road

Awoke crisis inside

Toxin not picked up
It's not borrowed
Some things cannot stop
Essence inside sorrowed

POWER!
Power hidden inside.
Pressure makes it linger
Point point
Finger guide

Defense pure and true
Not an attack
Harm is costly too
Inner power impact

Moral is high ground
Don't seek conquest
Taught them toxin bound
Alone without protest

POWER!
Power hidden inside.
Pressure makes it linger
Point point
Finger guide

Natures!
Small toads with heart
HEART!

TOAD!
Pressure load
Nature is smart

Suno style tags: [Post-punk, Flute, 5/4 time, Groovy baseline]

Thirty-Six

The Leeches

[Intro - Dark 3/4 accordion waltz with a heavy boom-bap hip-hop kick]
[Verse 1 - Hip-Hop Rap, 3/4 Waltz rhythm]
There was an old man named Pliny
Placed leeches on Roman hiney
They drank from hemorrhoids
Phlebitis on humanoids
Leeches said it tasted briny

[Verse 2 - Fast flow]
There was Greek and Byzantine physicians
Who used leeches for bloodletting missions.
Mayans and Aztecs did same
Parallel-invention game
Leeches said they love the human visions

[Scratch / Accordion Interlude]
[Verse 3]
There was old texts like the Sushruta Samhita
Dried leech known as Shuizhi to treat ya

Blood-stasis disorders
Chinese medicine border
Leeches now complained to Bhagavad Gita

[Verse 4 - Building intensity]
There was a man named Broussais the surgeon
Rumors claimed he considered a sturgeon
Leeches used for every ailment
Illness made them too prevalent
Their scarcity soon became urgent.

[Instrumental Break - Dark violin solo and heavy sub-bass drop]
[Verse 5 - Folk style bounce]
There were women with bare legs in the bogs
Catching leeches in mud among the frogs
They bled for a dime and rhyme
Song from the Victorian time
Forgotten part of the medical cogs

[Verse 6 - Playful, mechanical rhythm]
There was George and his glass prognosticator
Twelve leeches as storm-calculator
Leeches rang a small bell
When atmospheric pressure fell
Fancy Victorian weather-narrator

[Tempo pickup - Fast accordion / Fiddle Solo]
[Verse 7 - Grand Finale, climactic flow]
Now the modern surgeon arrives
Reattaching a finger that thrives
FDA stamped approved
An old technique re-proved
Ancient worm once again saves our lives

[Outro - Beat slows down to a heavy waltz crawl, Spoken - AdvoCAT]

"Thousands of years of human arrogance… and you still end up back at the worm."

Suno style tags: [Waltz, 3/4 time signature, Hip-Hop, Boom Bap, Dark Cabaret, Accordion, Heavy Drums, Storytelling Rap]

Thirty-Seven

Adder

[Intro - Atmospheric hiss, low synthetic rumble, rhythmic tribal kick]
[Verse 1 - Narrative Rap, dry delivery]
Coiled snake and rod came to be
Symbol of medicine today?
Rod of Asclepius maybe
Medicine from adder's flesh flay

[Verse 2 - Building tension]
Swedish Folk Practice reason why
So poor adder became the prey
Exploiting the ecology
Coins tucked in pouch away

[Chorus 1 - Sinuous, whispered/layered vocals with heavy sub-bass drop]
Adder, Adder, Can't find phonic sound
Baba Yaga lurks forest around
detect vibration — vibration
Slither away with no hesitation

[Verse 3 - Faster flow, dark cabaret/folk style]

Viper-broth will make the guest stay
Viper-wine for the young lady
Aphrodisiac — c'est la vie
And the proof of that is Zero
Ovum anguinum — a charm you see
Magical stone to keep evil away
Other ailment believed — joined party.

[Chorus 2 - Energetic Hook, punchy synth drums]

Adder, Adder, Can't find phonic sound
AdvoCAT lurks forest around
detect vibration — vibration
Slither away with no hesitation

[Verse 4 - Philosophical climax, aggressive vocal style]

Religion stained thy name as those oft may
Blaming thee is sheer comedy
Human nature is prison tragedy
Power that can destroy or set free
Adder thy legacy of northern star

[Chorus 3 - Full production, heavy rhythmic drive]

Adder, Adder, Can't find phonic sound
Adder lurks the forest ground
detect vibration — vibration
Slither away with no hesitation

[Bridge / Outro - Slow, dark synth wave fade, Spoken word]

Powers double role raise the bar
Power crave their loyal hero
System ring Pavlov's famous bell
System binds and adder set thee free…

[Outro - Hissing synth sweep and final bass thump, Spoken - AdvoCAT]

"They blamed the snake for the fall of man… but who built the garden wall?"
Coiled snake and rod came to be
Symbol of medicine today?
Rod of Asclepius maybe
Medicine from adder's flesh flay

Suno Style Tags: [Nordic Folk, Industrial Rap, wolf howl, gothic female voice]

Thirty-Eight

Wolf

[Intro - Low cello drone, howling wind, slow rhythmic footsteps on frozen ground]

[Verse 1 - Staccato, tense rap delivery]

Baba Yaga roam the pine forest ground where wolf pack can be found most would be afraid or astound.

Two top predators one is monster the other is hound.

Wolf pack Baba Yaga surround.

Neither is making the first sound.

A meeting so profound.

They seem spellbound.

Iron ground.

Unbound.

Hound!

[Bridge - Spoken word / Witchy chant, female voice (Baba Yaga)]

She speak, "My top predators not weak", SNEAK? But Baba Yaga ain't no freak, UNIQUE, situation we've standoff peak, SEEK, the wisdom or death so oblique?

[Verse 2 - Deep guttural male voice / Vuk (The Wolf)]

Vuk stands still, THRILL, of a new kill, CHILL, we obey your will, we follow the deer passed farmers mill ,NO SPILL,family knows the drill, there's no alfa bill..

[Verse 3 - Deep guttural female voice / Morana (The Wolf)]

The truth, Homo homini lupus the brute, hunt our young and kill for their tooth, the weak traitor hound acts like sleuth, magical thinking uncouth, amulet against evil no proof, my youth, killed when moonless, by human ruthless, still they fear and respect wolf-bound!

[Chorus - Sinuous, whispered/layered vocals with heavy sub-bass drop]

Lupus, Lupus — feral nature,
born a mythic forest creature,
every breath a shard of magical,
human dread grows cold, fanatical.

[Verse 4 - Deep guttural male voice / Vuk (The Wolf)]

We'll withdraw, AWE, vikings they saw, RAW, vargr feral-law, word for both wolf and human outlaw, WE SAW, human hunt without flaw, killed their own before, the blood-draw!

[Verse 5 - Spoken word / Witchy chant, female voice (Baba Yaga)]

Shadow, it's society arrow, BOW, a scapegoat running through meadow, HALLOW, claims to seek revenge so harrow, GLOW, to hunt and kill the lone sparrow

[Verse 6 - Deep guttural female voice / Morana (The Wolf)]

The truth, dreams and psychoanalysis suit, wolf carries a deep nuanced thought-proof, instincts and freedom not mute, we're the symbol of freedom uncouth, BLUETOOTH, not a threat tooth, their hope of pursuit, bulletproof suit in dream commute.

[Bridge 2 - Spoken word / Witchy chant, female voice (Baba Yaga)]

Human, will act like no true Scotchman, HAND, of silence they try to tomb in, CREWMAN, the inner predator lumen, LAND, they roam and destroy in tune — MAN!

[Chorus - Sinuous, whispered/layered vocals with heavy sub-bass drop]

Lupus, Lupus — feral nature,
born a mythic forest creature,
every breath a shard of magical,
human dread grows cold, fanatical.

[Outro - Staccato, tense rap delivery, female voice (Baba Yaga)]

Baba Yaga speak: "Fenrir the wolf is a monster who defeat Odin swallow whole symbol is goal"

When their wisdom fold their ignorance bold — lost soul
Then the wolf will rise to behold
A spiritual guide unfold
Their lost way on threshold
So no blindfold
Last stronghold
Untold
SCOLD!

Suno Style Tags: [Nordic Folk, Industrial Rap, wolf howl, gothic female voice]

Thirty-Nine

Bear and the Girl

[Verse 1 - Staccato, tense rap delivery]

The ancient bear slept for five hundred years a small village is near and Kaisa is on her way there.

Bjørn the bear normally stays clear not out of fear
Kaisa skips with her fishing gear
Fish impaled on the spear
Bjørn ouside drear
sunlight shear
cloud clear
STARE!

[Verse 1 - young girl female voice / Kaisa]

"You're probably grumpy, and now hungry after sleep.
I offer salmon now, so please take treat"

[Verse 2 - old grumpy male voice / Bear]

"Thanks little human girl, it's true I'm hungry.
What do yo want, I've none to give"

[Verse 3 - young girl female voice / Kaisa]
"Well. understanding allow us to become friends too.
Then even bear and I'll share fish stew."

[Verse 4 - old grumpy male voice / Bear]
"Old grumpy carnivore eats without human bonfire pot.
I like fishes raw, that'll hit the spot"

[Verse 5 - young girl female voice / Kaisa]
She removed fishes and grumpy became happy camper.
But still Bjørn don't know the new world

[Chorus - layered vocals]
Girl with the spear and bear with the claw,
One knows the world, other slept underground
Five hundred winters sun he didn't saw
Word turns and spin, he'll be spellbound

[Verse 6 - old grumpy male voice / Bear]
"So wonder…wonder how the future changes been.
Smell of the air has changed — not seen."

[Verse 7 - young girl female voice / Kaisa]
"The pollution never ends, besides adults never agree.
They forget how to be glad and free."

[Verse 8 - old grumpy male voice / Bear]
"That's horrible, nature always finds a better way.
It punish the fools, for path they stray"

[Chorus - layered vocals]
Girl with the spear and bear with the claw,
One knows the world, other slept underground

Five hundred winters sun he didn't saw
Word turns and spin, he'll be spellbound

[Verse 9 - young girl female voice / Kaisa]
"Hope always stays with children — how it goes?
You know….that is how the stream flows"

[Verse 10 - old grumpy male voice / Bear]
"So Nothing has changed, humans always expect children…
To do the right thing — now that blows!"

[Verse 11 - young girl female voice / Kaisa]
"Think nature gets forgotten, and we don't see.
you know the forest, and for the tree?"

[Verse 12 - old grumpy male voice / Bear]
"Wise little girl, at least someone do understand!
So there might be hope for the future"

[Chorus - layered vocals]
Girl with the spear and bear with the claw,
One knows the world, other slept underground
Five hundred winters sun he didn't saw
Word turns and spin, he'll be spellbound

[Outro - Staccato, tense rap delivery]
The spirit bear went on his way as he couldn't stay because he was part of imagination.
A little girl of nature made the creation
Will she remember vibration
Even the translation
Rare formation
Relation

Nation
EARTH!

Suno Style Tags: [Nordic Folk, Hip-hop, fadno flute, violin]

Forty

The Ravens

[Intro: Heavy tribal percussion, low dark synth drone]

Cognitive bird, ravens' cogs spin
Corvids as group, smartest around
Their ancient song now draws you in
Cause and effect — reason now found

Omnivore bound, at death's dark doors
Reading movement and "my-noot" cues
Mimic new sound — predator roars
Warning brothers, spreading the news

[Chorus: Explosive, Heavy Bass, Driving Beat]
Corvids as group, smartest around
Omnivore bound, at death's dark doors
Cause and effect — reason now found
Mimic new sound — predator roars

[Verse 2: Spoken intensity]

(PANORAMIC!) — through Hugin's eyes
Sovereign insight — through Munin's ear
Both circle skies, Odin's two spies
Battle frontier — they reappear

Raven that stare — a true trickster.
Outsmarting kings, always clever
Hugin thinks clear — Odin's fixer
Now unaware, of endeavor

[Chorus: Heavy Bass, Full Energy]
Sovereign insight — through Munin's ear
Raven that stare, a true trickster.
Battle frontier, they reappear
Hugin thinks clear — Odin's fixer

[Verse 3]
Corvids watch from above and remember
Power that shifts, memory drift
Awareness can make power surrender
(TECHNOLOGY!) ravens seeks shift

Mastery swift, when it's aware
(ENVIRONMENT!) watch with fear
Beware of gift, ravens do stare
As they will soar, guards atmosphere

[Chorus: Maximum Energy, Anthem]
Power that shifts, memory drift
Mastery swift, when it's aware
Technology! ravens seeks shift
Beware of gift, ravens do stare

[Outro: Heavy Drums Fade Out]
Corvid family smartest branch on tree
Not bound by systemic powers like thee

Suno Style Tags: [darkwave, melodic metal, arpeggiated synth, punchy drums, sharp vocal accents, intense chorus, dark aggressive mood]

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